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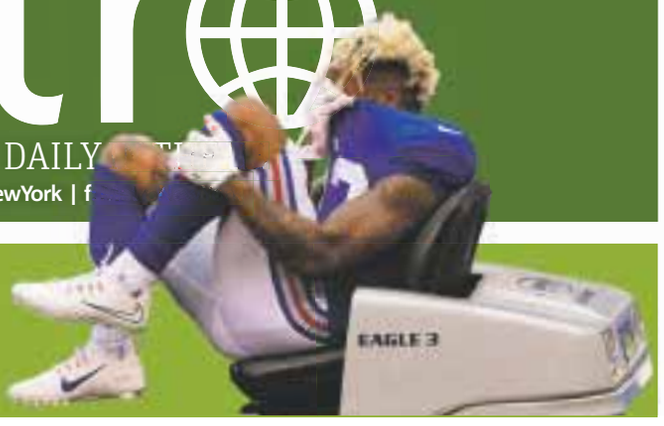


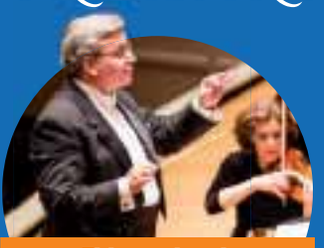
HANDS RACE

Giants in need of receivers after an injury-riddled Week 5. 30

How a rescue dog saved a man's life. 28

Kim Kardashian has body dysmorphia. 21

SHEN YUN SYMPHONY ORCHESTRA



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WHAT THE HELL

As subway riders find alternatives to the trouble-prone L train, many are wondering if its upcoming shutdown isn't coming soon enough. 4

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NIKKI M. MASCALI, REPORTER

By the time the 15-month L train shutdown between Manhattan and Brooklyn comes in April 2019, straphangers will have been through seven years of post-Hurricane Sandy L on the beleaguered subway line. With its mass delays and overcrowding, the shutdown might be an L-pocalypse — or it might just be something riders can't bloody L wait for. We take a look at what to expect, what alternatives there may be and maybe, as an added treat, we might've squeezed another L pun in there, too. (You're Lcome.) **metro.us.**

TRUMP'S POPULARITY IS DOWN IN RURAL AMERICA

1 According to the Reuters/Ipsos daily tracking poll, the Republican president's popularity is eroding in small towns and rural communities where 15 percent of the country's population lives. The poll of more than 15,000 adults in "non-metro" areas shows that they are now as likely to disapprove of Trump as they are to approve of him. In September, 47 percent of people in non-metro areas approved of Trump while 47 percent disapproved. That is down from Trump's first four weeks in office, when 55 percent said they approved of the president while 39 percent disapproved. The poll found that Trump has lost support in rural areas among men, whites and people who never went to college. He lost support with rural Republicans and rural voters who supported him on Election Day.

MICHIGAN TO CHARGE TOP MEDICAL OFFICIAL

2 Michigan's top medical official will be charged with involuntary manslaughter for her role in the city of Flint's water crisis, which was linked to an outbreak of Legionnaires' disease that caused at least 12 deaths, state prosecutors said. Dr. Eden Wells, the state's chief medical executive who already faced lesser charges, would become the sixth current or former official to face involuntary manslaughter charges in connection with the crisis. The state intends to add involuntary manslaughter and misconduct in office to the other charges of obstruction of justice and lying to police that Wells already faces, a spokeswoman for Michigan Attorney General Bill Schuette said. Jerold Lax, an attorney for Wells, said he first learned of the proposed additional charges at a pretrial hearing on Monday.

5 THINGS YOU NEED TO KNOW

NAPA WILDFIRES

3 Firefighters douse flames as a home burns in the Napa wine region in California on Monday, as multiple wind-driven fires continue to whip through the region.
For more, see page 12.

GETTY IMAGES

BRITAIN, EU CLASH OVER NEXT BREXIT MOVE

4 Britain and its EU partners clashed over which side should make the next move to unblock Brexit talks, despite concerns they will miss a deadline for a divorce deal and that London is heading for a departure. Prime Minister Theresa May made clear in a speech she delivered to parliament that she hoped her EU partners would make proposals at a round of talks opening the way to the next stage of negotiations, saying "the ball is in their court". But even before she had delivered her address, an EU spokesman hit back in Brussels, saying "the ball is entirely in the U.K. court for the rest to happen." May is desperate to try to regain some of her authority and refocus on talks to unravel 40 years of union after a speech at her party conference last week, marred by a repetitive cough, a prankster and a stage malfunction, left her weaker than ever.

GOOGLE UNCOVERED RUSSIA-BACKED ADS

5 Google has discovered Russian operatives spent tens of thousands of dollars on ads on its YouTube, Gmail and Google Search products in an effort to meddle in the 2016 U.S. presidential election, a person briefed on the company's probe told Reuters. The ads do not appear to be from the same Kremlin-affiliated entity that bought ads on Facebook Inc., but may indicate a broader Russian online disinformation effort, according to the source, who was not authorized to discuss details of Google's confidential investigation. The revelation is likely to fuel further scrutiny of the role that Silicon Valley technology giants may have unwittingly played during last year's election. U.S. intelligence agencies have concluded that Moscow's goal was to help elect Donald Trump.

POLL

50%

According to the Pew Research Center, nearly 50 percent of the approximately 11 million undocumented immigrants living in the U.S. last year resided in three states: California, with 2.35 million; Texas, with 1.65 million; and Florida, with 850,000.

Source: Pew Research Center

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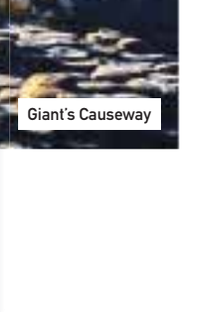
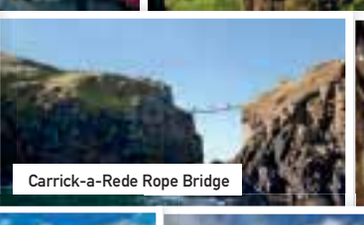
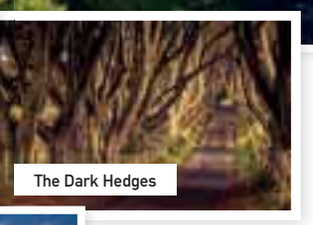

Giant's Causeway

St. George's Market in Belfast


Carrick-a-Rede Rope Bridge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L train shutdown: Here's how to survive the L-pocalypse

By the time the 15-month L train shutdown comes in April 2019, straphangers will have been through seven years of L on the subway line.

NIKKI M. MASCALI
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Just when you think you're out, the L train pulls you back in — and leaves you on a platform or on the subway for an undetermined amount of time.

Just yesterday, there were delays in both directions on the beleaguered line due to an unspecified investigation between Jefferson Street and Morgan Avenue. And that came less than a month after two separate issues — a door malfunction followed by a signal issue — crippled the line and stranded straphangers for hours.

The long-lambasted L train shutdown won't happen for another 18 months, but many New Yorkers likely wish it were sooner to end their misery. But that's next to impossible, said Metro columnist and transportation historian and advocate Larry Penner.

"There's so much prior planning necessary before the shutdown, you've got to get it right," he said.

The 15-month shutdown, scheduled to begin in April 2019, will rehabilitate the Canarsie Tunnel, which goes under the East River and was severely damaged by Hurricane Sandy in October 2012.

Since the work includes demolition and reconstruction of the tunnel, tracks and track bed, the L train will only run between Bedford Avenue and Canarsie-Rockaway Parkway, meaning there will not be service to or from Manhattan.

By the time the 2019 L train shutdown comes around, straphangers will have been through seven years of headaches from the troubled subway line.
GETTY IMAGES

"In fairness, we're a 24/7 city, and with the subway structure fragile as it is, it does make sense to only take care of one corridor at a time," Penner said.

The MTA did not respond to requests for comment and updates on the L train shutdown, but a similar shutdown in 2013 of the Montague Street Tunnel, which the N and R trains use between Manhattan and Brooklyn, opened a month ahead of schedule after 13 months.

"That was a good model and success story," Penner said. "It's better to go in and get it all done at once than piecemeal. When you have to stop and start work every 15 minutes, you're not being efficient."

Though Department of Transportation Commissioner Polly Trottenberg recently shot down hopes that 14th Street would go car-free or bus-only during the L train shutdown, she did say parts of the thoroughfare may sometimes have bus-only access, Streetsblog reported.

Straphangers can still use the J, M and Z trains to get into Manhattan as well as the NYC Ferry, which Magdalena Mazurek-Nuovo of Williamsburg divorced the L for.

"It was just unbearable," she said of the train. "It's very unpredictable and horrible. I don't even mind being in a crowded train — it was just sometimes there were no trains for a long time."

ANOTHER OPTION

A Chariot awaits

Another option for stranded straphangers may be Chariot, a car service that launched its third route in New York City today. Going from Williamsburg to Midtown, it is the company's third route in the city since its August rollout — and its first that was crowdsourced by customers.

Chariot works like a ride-share, in which its app will let you know how close one of the commuter vans is and allows you to reserve a seat. Then you just go to one of the designated stops and hop on for $4 a ride or $119 for a monthly pass.

"We don't disclose exact numbers, but we've been growing week-over-week," Marketing Manager Brittany Lewis said, adding that "multiple" new routes are expected by year-end.

While Chariot is not actively planning to pick up the slack during the L train shutdown, "we are open to whatever residents want," Lewis said.

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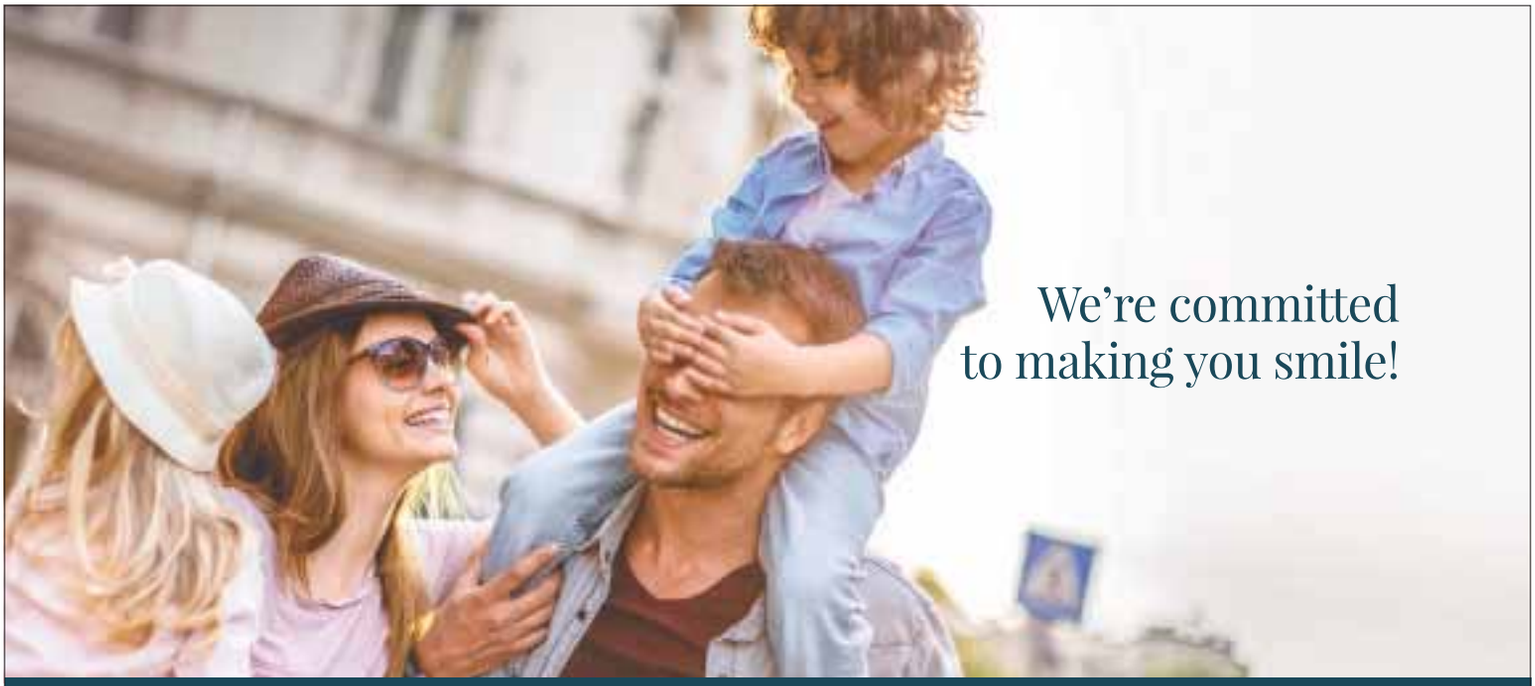

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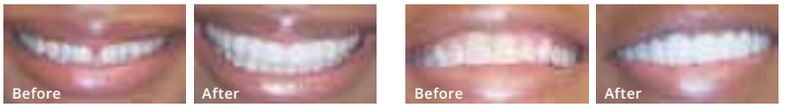

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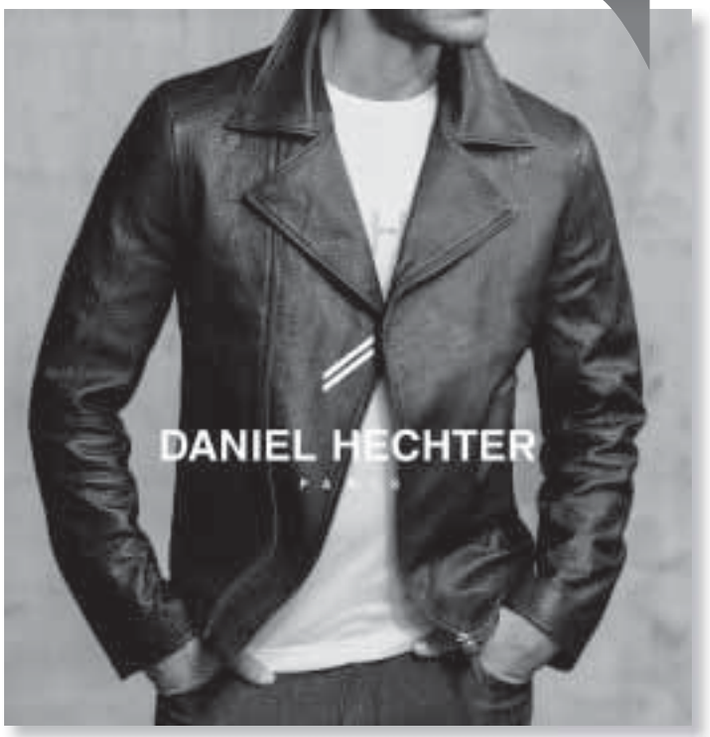
LOOK WHAT'S HAPPENING



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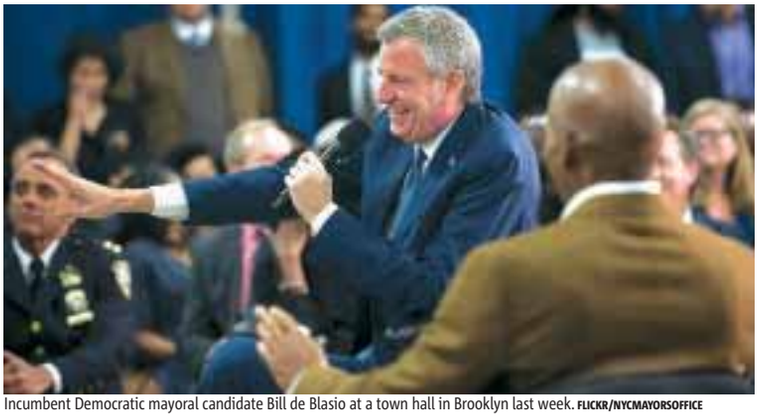
NYC MAYORAL RACE 2017

De Blasio, Malliotakis and Dietl meet in first general election debate



Incumbent Democratic mayoral candidate Bill de Blasio at a town hall in Brooklyn last week. FLICKR/NYCMAYORSOFFICE

The three main contenders, as deemed by the city's Campaign Finance Board, will face off tonight.

NIKKI M. MASCALI
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nikki.mascali@metro.us

With the 2017 general election just weeks away, Mayor Bill de Blasio, Republican Staten Island Assemblywoman Nicole Malliotakis and independent former NYPD detective Bo Dietl will come face to face on the debate stage for the first time Tuesday night.

New Yorkers can likely expect the candidates to spar over important issues that include handling the city's aged transit system, housing, homeless and President Donald Trump.

"Mayor de Blasio is likely to stand on his record, which for the most part is strong and consistent with what he promised to do when running four years ago," said Joseph P. Viteritti, professor of Public Policy at Hunter College. "The other candidates are likely to focus on what they believe to be the shortcomings of his first term. Malliotakis has dwelled on transit issues and problems with the MTA, even though these concerns are primarily state rather than city issues. I would not venture to guess at what Dietl will do, other than to say that it will be provocative."

Viteritti released "The Pragmatist: Bill de Blasio's Quest to Save the Soul of New York" on Sept. 5. While the mayor is its central focus, the book also offers an in-depth history of city mayors from Fiorello La Guardia to Michael Bloomberg.

Though Democrat Mike Tolkin, who is running on the Smart Cities ballot, received a letter indicating that he met the fundraising and spending requirements put in place by the city's Campaign Finance Board, which oversees the debates, he has not received an official invite from its media sponsor to participate.

Nor has de Blasio's previous debate sparring partner Sal Albanese, who lost to the mayor in the Democratic primary and is now running on the Reform Party ticket in the general election. Like Tolkin, he, too, was locked out of Tuesday's debate by the CFB.

Albanese announced last Monday he was suing the board for the right to debate. "It seems someone or something wants to muzzle and stifle Sal Albanese's message," his filing said. On Friday, the Appellate Division of the New York State Supreme Court said there was "a basis for the suit to be considered by a full panel of appellate judges," according to a statement from Albanese's campaign.

De Blasio has led his challengers in the polls throughout the campaign season and that hasn't changed according to the latest one released Thursday by Quinnipiac University.

The poll found that the mayor has 61 percent of the city's likely voters, while Malliotakis has 17 percent, Albanese 8 percent and Dietl 6 percent.

The mayor leads in Manhattan, Queens, the Bronx and Brooklyn, while Malliotakis has 47 percent of likely voters in her home borough of Staten Island.

The incumbent, who spent much of the previous debates highlighting his past four years in office, has a 58 percent job approval rating in the latest poll.

The second and final debate with the leading mayoral candidates will take place Wednesday, Nov. 1, at CUNY's Graduate Center Studio.

FAST FACTS

WHO: Democratic incumbent Bill de Blasio, Republican Nicole Malliotakis, independent Bo Dietl
WHEN: Tuesday, Oct. 10, 7:00 p.m.
WHERE: Symphony Space (2537 Broadway)
WATCH: NY1, NY1 Noticias, live stream on NY1.com
LISTEN: WNYC

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Republican nominee for mayor Nicole Malliotakis
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Everything you need to know to register to vote in NYC

Now is the time to register to vote in NYC if you haven't done so already.

There's an election coming up, people! Yes, really, and judging by the sub-par turnout for the primary in September, it seems like most people forgot. (Although how you could with people shoving flyers at you and trying to shake your hand on busy street corners in an attempt to secure two seconds of your attention and your vote?)

Just 14 percent of registered democrats in The Big Apple are estimated to have turned up for the democratic mayoral primary. Unofficial data from the New York City Board of Elections clocks the ballots cast in this vote at a paltry 440,000, Time Out reported.

So for the sake of getting voter turnout in New York up all around, we've compiled everything you need to know to register to vote in NYC, from how you can fill out the forms to what you need to do if some of your information has changed. See you at the polls!

14%

JUST 14 PERCENT OF REGISTERED DEMOCRATS IN NYC ARE ESTIMATED TO HAVE TURNED UP FOR THE DEMOCRATIC MAYORAL PRIMARY.

Wait, when is the election?

It's possibly important to know when and on what you'll be voting. The general municipal election in New York will be held on Tuesday, Nov. 7. The vote will determine the mayor, comptroller, public advocate and all seats on the city council in 2017, of which there are 51.

When can I register to vote in NYC?

The deadline to register to vote in NYC is Friday, Oct. 13 if you want to vote in the upcoming election. If you want to register to vote in NYC but don't particularly care about this election — we urge you to reconsider, though — then you can take your sweet time with the process.

How do I register to vote in NYC?

There's a couple ways to get the paperwork done. You can head on down to one of eleven Board of Elections offices in the city — because we know you love using your PTO at work to file paperwork – where you can register in-person. If you're stuck at the office, though, you can print out a New York voter registration form, fill it out with good old ink and send it to the main office of the Board of Elections at 32 Broadway, 7th floor.

Your best bet if you've waited this long to register is probably to file digitally through the DMV website. But, and this is a huge "but" for transplants, you need a valid New York state ID to do so.

What if I need to change my information?

That's absolutely possible, though a touch more complicated. You'll need to print out the same voter registration form and send it in to complete changes such as a new address or, gasp, if you're switching your party enrollment. As with voter registration, allow for a couple extra days since you'll need to nail in your forms. The Board of Elections needs to receive your documents at least 20 days before the election. That date is Wednesday, Oct. 18, but you should allow a couple days padding to ensure they make it on time. LINNEA ZIELINSKI

NYC's Women in Tech Week aims to celebrate and inspire

Through Women in Tech Week, those in technology fields hope to inspire more women on that career path.

KRISTIN TOUSSAINT
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kristin.toussaint@metro.us

Calling all female techies in New York City: This week is for you.

New York's Women in Tech Week launched Monday as a way to recognize the accomplishments of women in the tech sphere and to encourage more women to pursue tech careers.

The weeklong celebration was created by CommonBond, a student loan refinancing company, and with partners like Duolingo, ClassPass and Betterment. There are three components to the week: a report on what women want in the tech workplace, a social media campaign to "support the next generation of women in tech" and a female founders event.

So what do women want in a tech workplace?

We've heard plenty of talk about how unwelcoming tech jobs can feel to women, and CommonBond surveyed more than 600 women in tech about what would change that.

Those surveyed suggested that companies hire more women in leadership roles, create better long-term career planning processes and provide more training and professional development opportunities if they want to attract and retain female tech employees.

Women already in the tech field will gather on Tuesday for a Women in Tech Week event featuring female founders of companies like artificial intelligence startup Pymetrics, Brooklyn-based job search site The Muse and more.

CommonBond also wants to help more women plan to enter tech careers, and to do so, the company partnered with Girls Who Code for the week's social media campaign.

For every post that either answers the question "Why are you proud to be a woman in tech?" or "Why are you proud to support women in tech?" and that includes the hashtag #2017WITW, CommonBond will donate to Girls Who Code, which will fund scholarships for girls in middle school and high school embarking on a tech career.

"When you teach girls to code, they build apps, programs and movements to help tackle our country's toughest problems. Our girls have created apps about the water crisis in Flint, games tackling period stigma and microprocessors that make guns safer," said Reshma Saujani, CEO and founder of Girls Who Code, in a statement. "Through Women in Tech Week, CommonBond and other technology companies are helping us to empower women in technology, and create ways for today's girls to become tomorrow's leaders."

"Through Women in Tech Week, CommonBond and other technology companies are helping us to empower women in technology, and create ways for today's girls to become tomorrow's leaders."

Reshma Saujani

New York City will celebrate women in tech and (hopefully) inspire more women to embark on tech careers this week. ISTOCK

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Sen. Charles Schumer criticizes NRA for pushing concealed carry reciprocity bill

The bill would allow concealed carry permits to be legal across state lines, a move Sen. Schumer says would make New York less safe.

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One week after the Las Vegas shooting that prompted some to ask for stricter gun control, Sen. Charles Schumer lambasted the NRA for supporting a law that would actually expand gun rights.

The Concealed Carry Reciprocity Act, a bill that has been pending in Congress and was introduced in January, would let people who are allowed to carry concealed handguns to bring those firearms into another state that also allows concealed carry, no questions asked or new permit needed.

The Senate minority leader warned that the law would make New Yorkers less safe.

"Many states out west and in the South with lax gun laws let just about anyone carry a gun concealed. Under this law, if Wyoming or Alabama said any person could carry a concealed gun, they could come to Times Square; Penn Station carrying that gun — concealed," Schumer said, according to CBS. "No one would know about it."

"Can you imagine if somebody who had the same kind of mental illness as the horrible shooter in Las Vegas was allowed to come to New York and carry guns concealed on his person?" he continued.

New York state allows concealed carry on a "may issue" basis, meaning the decision whether or not to grant the permit is up to the licensing officer, but it's difficult for the average citizen to get such a permit, experts say.

Schumer said that New York police should determine who in New York needs a gun, not officials from other states.

The NRA backed the bill when it was first introduced in January and reiterated support for it on Oct. 5 in a statement concerning bump stocks, the modification devices used by the Las Vegas shooter that allow guns to fire like fully automatic weapons.

In the same comment saying that bump stocks should be subject to additional regulations following the deadly shooting, the NRA said that "on behalf of our five million members across the country, we urge Congress to pass National Right-to-Carry reciprocity, which will allow law-abiding Americans to defend themselves and their families from acts of violence."

The NYPD and other law enforcement have also come out against the bill.

Sen. Charles Schumer has spoken out against a recent gun bill. GETTY IMAGES

LAS VEGAS

Gunman fired on security guard before mass shootings

The Las Vegas gunman opened fire on a security guard six minutes before he rained down bullets on a crowd and killed 58 people, officials said on Monday in a change to the timeline of the deadliest mass shooting in modern U.S. history.

The shooter, Stephen Paddock, 64, was seen on numerous occasions in Las Vegas without any person accompanying him and he gambled the night before the shooting, Clark County Sheriff Joseph Lombardo said at a news conference. He killed himself after the attack.

"This individual purposely hid his actions leading up to this event, and it is difficult for us to find the answers," said Lombardo, who said he was frustrated with the speed of the investigation.

Paddock sprayed an outdoor concert with bursts of gunfire from high above in a Las Vegas hotel window on Oct. 1, killing 58 and wounding hundreds more, before shooting himself.

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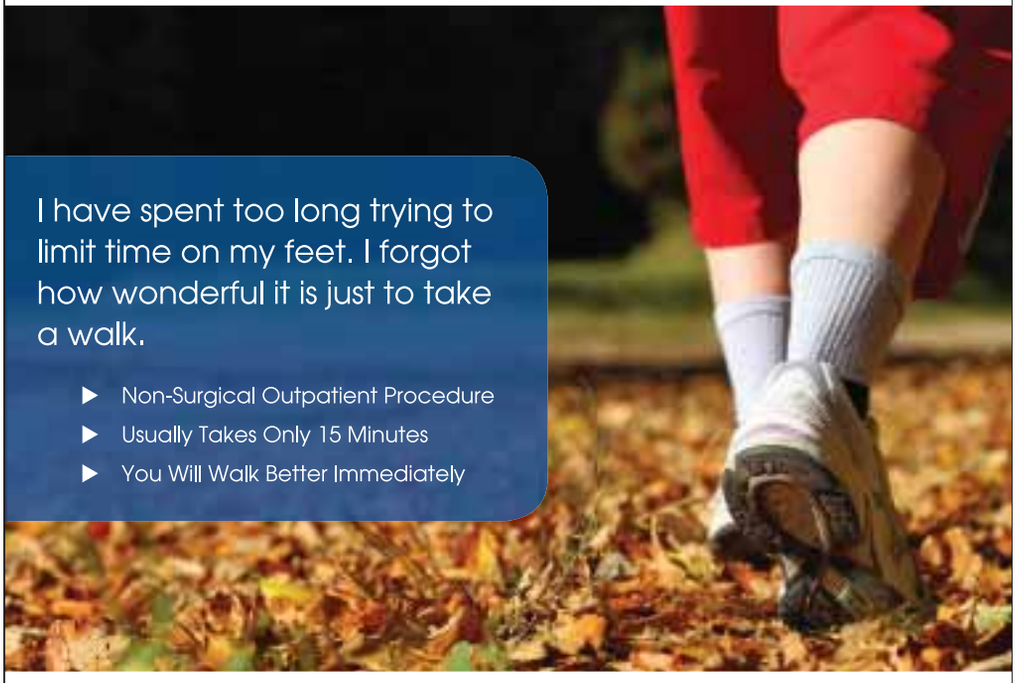

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At least 10 killed by western wildfires

Firemen put out a fire in a house in the Anaheim Hills neighborhood of Anaheim, California, on Monday. GETTY IMAGES

Fire consumes a barn as an out-of-control wildfire moves through the area on Monday in Glen Ellen, California. GETTY IMAGES

Gov. Jerry Brown declared a state of emergency for Napa, Sonoma and Yuba counties, encompassing some of the state's prime wine-making areas, as the blazes raged unchecked and engulfed the region in thick, billowing smoke that drifted south into the San Francisco Bay area.

A spate of wildfires fanned by strong winds swept through northern California's wine country on Monday, leaving at least 10 people dead, destroying hundreds of homes and businesses and chasing some 20,000 people from their dwellings.

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Sonoma County bore the brunt of the fatalities, with seven fire-related deaths confirmed there, according to the sheriff's department. Two others died in Napa County and one more in Mendocino County, according to the California Department of Forestry and Fire Protection (CalFire).

Details on the circumstances of those deaths were not immediately available from either CalFire or local officials. But KGO-TV in San Francisco, citing unnamed California Highway Patrol officials, described one of the victims as a blind, elderly woman found dead in the driveway of her home in Santa Rosa, a town in Sonoma County.

Two hospitals were forced to evacuate in Sonoma County, state officials said.

Thousands of firefighters battled wind gusts in excess of 50 mph that have rapidly spread 15 separate wildfires across some 73,000 acres in northern California since erupting late Sunday night, according to CalFire spokesman Daniel Berlant.

About 1,500 homes and commercial buildings have been destroyed throughout the region, Ken Pimlott, director of CalFire, said at a news conference.

A separate wildfire on Monday torched at least a half-dozen homes in the affluent Anaheim Hills neighborhood of Southern California's Orange County, prompting evacuations there, authorities said.

The cause of the fires have yet to be determined, officials said. REUTERS

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"Demand Soars For Innovative Arthritis Treatment FDA

NYC Pain MD doctors offer powerful, cutting-edge arthritis treatment… prepares for over

By Matt Edgar
America's Health Writer

Arthritis sufferers can't get it fast enough and doctors offering it can't keep up with the demand. "Results are better than even I anticipated" noted one of the treating docs at the ***NY Pain MD*** Center for Non-Surgical Medical Relief Of Spine And Joint Pain with two locations right here in NYC.

He was referring to their innovative arthritis treatment program featuring Advanced Image-guided "Visco-Supplementation" at the conveniently located clinics..

"The response continues to be overwhelming. Once patients found out there was an FDA cleared, doctor-administered arthritis treatment that actually works – without the side effects of oral pain pills or risks of replacement surgery - and has enough scientific research that it is covered by many insurances and even Part B medicare – the offices continue to be deluged with arthritis pain sufferers wanting to find if they,too, can be helped. And newer research indicates it can help hips,ankles and shoulders as well".

What Is This Treatment And How Does It Work?

If you are suffering with knee (or other joint) arthritis and pain, you are not alone. Degenerative joint disease or "arthritis" affects 21 mil-lion Americans and typically involves the weight bearing joints – like your knees. According to the American College of Rheumatology, nearly 70% of people over the age of 70 have x-ray evidence of the disease (and the ranks of much younger victims of this progressive disorder continue to grow significantly).

The worst thing is*:* Arthritis can be devastating. The pain can keep you up at night and make getting out of bed and moving around a daunting task. The pain and stiffness can suck all the happiness and joy right out of your life

And up until now, treatment options have not been that good…or that appealing to most patients. The basic protocol has been a steady diet of toxic pain pills until your joints completely wear out and then it's time to surgically replace the knee joint.

Read This If You Have Already Had Treatment Without Good Results

Even if you've failed Synvisc, Supartz, or other arthritis programs or had "blind" procedures, good results may still be possible
when using ***NY Pain MD*** methods utilizing Precision Arthritis Targeting Technology (P.A.T.T).
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But Now Things Have Changed

Osteoarthritis is a joint disease that mostly affects the cartilage. Cartilages the tissue that covers the ends on bones in a joint. When healthy, cartilage allows bones to glide smoothly over one another and acts as a shock absorber. Your" normal" knee also contains a small amount of fluid called synovial fluid. This synovial fluid is a thick, gel-like solution that cushions and lubricates the joint–much like oil lubricates the engine of your car.

In osteoarthritis, the synovial fluid loses it's lubricating properties and "dries up" allowing the cartilage to break down and wear away. This is *like running your car with little or no oil*. Now as you attempt to use your knee(s), there is not enough lubrication causing the bones to grind together resulting in pain, swelling, stiffness and the joint continues to wear out. This is a vicious cycle and can lead to bone-on-bone rubbing and excruciating pain. Pain pills do NOT lubricate the joint or fix the problem. They simply mask the pain so you do not feel the pain as your joints continue to deteriorate. The eventual repercussions of this are obvious.

"Visco" Is Very Different

And here is why: It contains hyaluronate, one of the two natural lubricating agents found in your own synovial fluid. Visco-supplementation is precisely introduced directly in to your knee joint in a series of 3-5 treatments (depending on severity) over a 4 to 6 week period. This instantly cushions the joint, reduces friction and allows greater motion with less pain or no pain at all in some cases.

This treatment not only lubricates the joint, but it acts as a shock absorber helping reduce grinding, inflammation and pain. **Here's something very important to consider**: Even though these lubricating medicines are non-toxic natural substances and are NOT considered a drug, it is NOT something you can get at your local health food store. It is scientifically researched and produced by pharmaceutical companies, FDA cleared and can ONLY be administered by a qualified Doctor.

What's Results Can You Expect?

According to one developers and manufacturers of these special gel medicines ... "A course of treatment –will relieve pain in a majority of patients for 6 months without the safety concerns of non-steroidal anti-inflammatory drug (NSAID) therapy. In many patients, the effect is likely to last even longer than 6 months."And the best part is: Since these gel lubricants are natural substances; they can be used over and re over when necessary without risk. If it works for you, you may be able to look forward to years with less pain.

Who Should Consider Viscosupplementation... Where Can You Get It And...When Should You Start?

You should certainly consider The ***NY Pain MD*** method if you have been diagnosed with knee arthritis or told you need a knee replacement. If you have not been diagnosed with arthritis but have either knee pain, stiffness, swelling, difficulty walking or climbing stairs or loss of motion in the knee – you should have an examination to determine what the cause of your problem is. If you have any of those issues mentioned, there is a very good chance you already have-or are starting to get arthritis.

Very Important – Do Not Wait - Here's Why …

Studies indicate that if the arthritis is caught soon enough, the cushioning effect of the treatments c may be able to help the knee heal and possibly, slow the arthritis thus help avoid joint replacement surgery. In other words, the sooner you start – the better. Does the procedure hurt? A local anesthetic is given to numb the area and the procedure is virtually painless. Most patients say it feels like nothing more than a slight"pinching" sensation… that's it.

Why Treatments At *NYC Pain MD* Are So Extremely Precise

Our doctors are particularly well-trained in a state-of-the-art digital fluoroscopic imaging - also known at Precision Arthritis Targeting - which allows them to see directly inside the joint during the procedure and get the natural cushioning medicine exactly where it needs to go. This makes sure treatments have the best possibility for maximum success. This is crucial because studies indicate that when doing these types of procedures - without digital imaging - it can miss the

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joint space up to 30% of the time rendering the treatment outcomes less effective.

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All the doctors at ***NY Pain MD*** are extremely excited about the response and results with this wonderful treatment and would like to share it with as many arthritis sufferers as possible.

Here’s How To Get A Free Screening at *NYC Pain MD*

Simply call 877-503-3720 and when Aura, Travis or Priscilla answers the phone tell them you want your No-Obligation “Knee Pain Screening”. Discover if The ***NYC Pain MD*** Program can ease your knee arthritis pain like it has already done for so many others.

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But There Is A Problem…

Even though this advanced treatment can help many patients, it is not a wonder cure or a magic wand. It does not help everyone. For that reason, every potential patient should have a complete examination. You will only be accepted if we feel you are most likely to get the pain relief and outcome you are looking for.

That’s why ***NY Pain MD*** would like to invite you to come in for a knee arthritis screening at no cost to see if you actually are a candidate for comprehensive evaluation and possible treatment. All you have to do is call 877-503-3720 right now and when the scheduling coordinator answers the phone, let them know you want to schedule a “ ***NY Pain MD*** **Knee Pain And Arthritis Screening.**” They will know exactly what you are talking about and schedule you for our first time available. Dur-ing this time you can get all of your questions answered in a warm, friendly environment and begin to find out if the ***NY Pain MD*** protocol is right for you. But if you would like to do this, you should call right now. The demand for this procedure has been overwhelming with hun-dreds calling weekly . Since our doctors cannot possible screen everyone and we always make sure to give every single patient the personal attention they deserve, we have to limit these encounter. Therefore, the number of No-Cost,

No Obligation screenings is limited to just 20. But… just imagine how it would feel to have much, if not all, of your knee pain finally gone. Imagine going to bed and being able to sleep through the entire night – and waking up refreshed and energized… ready to take on the brand new day … without the arthritis pain that’s been terrorizing you and ruining your life. And imagine finally knowing you have a treatment to manage the pain caused by your knee arthritis. Well, you may not have to just “imagine” any more… because our specialized medical regimen could be the answer you’ve been looking for. If you’d like to find out - at no cost to you - if we can help, simply give ***NY Pain MD*** a call at 877-503-3720 right now. Why wait one more day in pain when you may not have to? Call now before some one else get’s your spot.

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Ever since offering this innovative treatment, our office has been flooded with calls. For that reason, if when you call, the lines are busy or you get voice mail… just keep calling back. The possibil-ity of living pain-free is well worth the effort it may take to get through to ***NY Pain MD*** schedule your No-Cost, No-Obligation screening.

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Donald Trump allegedly arranges photos to avoid unflattering images of himself. GETTY IMAGES

Trump arranges photographers to conceal his double chin

It's been well documented that President Trump is bigly concerned with cultivating a tremendous image, claiming to have the biggest, ultimate accomplishments, bragging about huge nonexistent deals, even changing the numbers on the floors of his buildings that make them seem taller.

But there's one attribute he's obsessed with minimizing: his double chin.

That's according to the new book "Ultimate Insiders: White House Photographers and How They Shape History," in which former White House correspondent Kenneth T. Walsh details the extent of Trump's above-the-neck vanity.

"It's clear that for many years Trump has sought to create and enhance an image of being a larger-than-life leader," Walsh writes. He would even stage-manage "his appearances as much as possible to minimize photos of him from the front at a low angle or from the sides, because he thought his double chin became too obvious."

Yet he is still "deeply distrustful of what the called the 'fake' mainstream news media, including the photojournalists," Walsh writes.

The dirt on Trump is only one of the behind-the-scenes details offered in the book. Walsh reveals that President Barack Obama wasn't particularly trusting of photographers himself, shutting them out of events they previously covered and allowing in only the official White House photographer, Pete Souza. By contrast, former president George H.W. Bush would throw parties for the photographers who followed him around, and affectionately called them "photodogs," because the would follow him around in a pack.

Walsh also reveals how photographer Stanley Tretick got the iconic shot of John F. Kennedy Jr. peering out from the bottom of his father's Oval Office desk: Jackie Kennedy, who shielded her children from photographers for fear they were being used as PR, was out of town. JFK was less concerned and planned with Tretick to take a series of father-son photos. And the rest was the one of the most adorable shots in presidential history. MICHAEL MARTIN

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US governors, hackers, academics team up to secure elections

Ethical hackers will team up with U.S. governors, academics and others to help prevent election results from being hacked, according to a person familiar with the plan.

The coalition's members include organizers of the Def Con hacking conference, the National Governors Association, the Center for Internet Security, the Atlantic Council and several universities, said the person, who was not authorized to discuss the alliance ahead of a formal announcement on Tuesday.

The coalition will be unveiled as Def Con organizers release a report describing vulnerabilities in voting machines and election computer systems that were uncovered in July at the convention's first ever "voting village."

Hackers pulled apart voting machines and election computers at the three-day event, uncovering security bugs that organizers said could be exploited by people trying to manipulate election results.

Full details of their findings will also be released on Tuesday. REUTERS

A couple stops on the Las Vegas Strip to look up at the two broken windows at the Mandalay Bay hotel. GETTY IMAGES

Hotel weighs fate of infamous 32nd floor guest room

That is the difficult decision facing the Mandalay Bay Resort and Casino a week after Stephen Paddock opened fire on a crowd at an outdoor concert from room 135 on the hotel's 32nd floor, killing 58 and injuring more than 500.

What will become of the now-notorious Las Vegas hotel suite that a 64-year-old retiree used to stage the deadliest mass shooting in modern U.S. history?

The suite's shattered gold-tinted windows are now discreetly covered over. The resort, owned by MGM Resorts International, has yet to say what it will do with the space.

The challenge is particularly difficult for a hotel in Las Vegas, a place where visitors go to escape everyday lives and real-world problems.

"How do they navigate the fact that this happened in their hotel?" said Andrea Trapani, managing partner at Identity, a Detroit-area public relations firm that provides crisis communications for hospitality brands. "A lot of challenging tough questions and decisions are going to be made."

The hotel might want to consider sealing up Room 32-135, or even the entire floor, to avoid becoming a destination site for gawkers fascinated by its macabre history, some experts have suggested.

Officials facing similar decisions at the schools, churches and other places where mass shootings have taken place in recent years have gone in a variety of directions.

Some of the venues have been dismantled completely. Others, like the San Bernardino, California community center where a husband and wife killed 14 people in December 2015, have reopened, with officials saying that getting back to work helping people was integral to healing.

The Orlando, Florida, nightclub where a gunman killed 49 people in June 2016, remains closed, and the owner plans to turn it into a memorial.

Connecticut's Sandy Hook Elementary School, where 20 children and six adults were killed in 2012, was demolished and rebuilt four years later.

A spokesman for Mandalay Bay declined to comment on its plans.

But it appeared highly unlikely the suite would simply reopen as if nothing had happened there on Oct. 1.

"I wouldn't want to stay in that room," said North Carolina tourist Randy Dockery, at a makeshift memorial for the victims in a narrow patch of grass along the Las Vegas Strip.

Some experts suggested Mandalay Bay should erect a memorial somewhere in the hotel, either permanent or temporary, and throw a fundraiser for the victims and their families.

"The hotel was absolutely a victim as well, and by transforming some space into something that honors the victims, they could hopefully promote healing and actually some good," said Kim Miller, president of Florida-based Ink Link Marketing, whose work includes advising companies on crisis management.

For Dockery, the choice was obvious.

"The memorial should be over there," he said, pointing at the hotel. "But probably they don't want the publicity."

REUTERS

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Trump digital director, originally paid $1.5K for Trump website, earned $94M

He says the campaign used technology "better than anyone in history."

MICHAEL MARTIN
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It was a freelancer's dream.

In 2015, website designer Brad Parscale got an email from the Trump Organization, asking if he could turn around a little project on the fly.

"It said: 'Donald Trump is thinking about running for president and we need a website in two days,'" Parscale told "60 Minutes." "So I wrote back and said, 'Yeah, I'll do it for $1,500,'" he added. "And by the end [of the election campaign], it was $94 million."

How? Parscale, who had done small freelance design projects for Trump's company since 2011, became the campaign's digital director, in charge of creating Facebook ads and other social-media advertising. Soon he was overseeing data collection and much of the campaign's fundraising. In the end, he was paid $94 million, including money spent on ads.

It was recently reported that employees of Facebook were embedded with the Trump campaign as advisers. Parscale worked with them one-on-one, along with representatives from Google and Twitter, to get out the campaign's message using the latest technology.

"I asked each one of them by email, 'I want to know every single secret button, click, technology you have, I want to know everything you would tell Hillary's campaign plus some and I want your people here to teach me how to use it,'" he told "60 Minutes," adding that he requested employees from the social media companies who supported Donald Trump.

Brad Parscale helped with the digital presence of the Trump campaign.
GETTY IMAGES

"We were making hundreds of thousands of them [ads on Facebook] programmatically," he told CBS. "[On an] average day [we would make] 50,000 to 60,000 ads … changing language, words, colors, changing things because certain people like a green button better than a blue button, some people like the word 'donate' over 'contribute.'"

According to Parscale, he was the one who influenced the campaign to pull resources out of Virginia, where they were losing, and Ohio, which was solidly in Trump's column, and concentrate on Wisconsin and Michigan, two traditionally Democratic strongholds that narrowly swung to Trump and cinched him the election. "I took every nickel and dime I could out of anywhere else. And I moved it to Michigan and Wisconsin. And I started buying advertising, digital, TV," he said.

It's all ironic considering that in the days leading up to the election, commentators had written off Trump entirely, often mentioning his lack of ground game. But Parscale credits himself with running the best social media political campaign ever.

"These social platforms were all invented by very liberal people on the west and east coasts, and we figured out how to use it to push conservative values," he told "60 Minutes."

"I don't think they thought that would ever happen. I would say the number one thing people come up to me [and say] is … 'I just never thought Republicans would be the ones to figure out how to use all of this.' And I think we used it better than anyone ever had in history."

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Trump clearly doesn't know the story of how Columbus discovered the Americas

But that's not even the biggest problem with his Columbus Day proclamation.

LINNEA ZIELINSKI
@MetroNewYork
letters@metro.us

Christopher Columbus and Columbus Day, the holiday on which his discovery of the Americas is celebrated, can be contentious issues. Add to that list of today's controversies President Trump's Columbus Day proclamation.

Released by the White House Monday morning, the proclamation not only ignores the history of racial atrocities and injustices that are part and parcel of the founding of America but also raises the question of whether Trump remembers the story of how Columbus discovered the Americas in the first place.

Although, yes, it is historically correct to say that "[t]he permanent arrival of Europeans to the Americas was a transformative event that undeniably and fundamentally changed the course of human history and set the stage for the development of our great Nation," it ignores the darker turns of history his arrival brought to indigenous people — not to mention the other violence and crimes perpetrated by Europeans on native peoples in the name of claiming what is now the United States in the name of their mother countries.

Trump thinks Columbus meant to find America

The proclamation calls Columbus a "skilled navigator," though the Italian explorer was headed for the East Indies, on the other side of the world from where he ended up. He wasn't the only one to make this mistake that History.com explains as an underestimation of the world's size, saying that Columbus and many others were "calculating that East Asia must lie approximately where North America sits on the globe [they did not yet know that the Pacific Ocean existed]."

And then there's the issue of leaving out entire groups of native people. The proclamation praises Columbus, saying his "courageous feat brought together continents" but it ignores the civilization that was already thriving on this new continent and makes no mention of the threat Columbus brought to it.

The statement also claims that he "inspired countless others to pursue their dreams and convictions — even in the face of extreme doubt and tremendous adversity," ignoring that the people who faced the most adversity in Columbus' voyage were arguably the natives whose land was taken by and for people who had no claim to it.

A depiction of Christopher Columbus (1451 - 1506) claiming possession of the New World, 1492. GETTY IMAGES UNIVERSAL IMAGES GROUP EDITORIAL

Trump ignored Native Americans on Columbus Day

As mentioned, Columbus Day is controversial. Many communities no longer recognize the day as one to celebrate the Italian explorer, reclaiming the day for the people affected by his landing but ignored in the celebrations, calling it instead Indigenous Peoples Day or Native Americans Day.

Trump's proclamation stands in stark contrast to Obama-era statements that used the day as an opportunity to open dialogue about both the positive and negative externalities of Columbus' discovery. Obama's 2016 statement acknowledged the feat of modern exploration as well as how it affected the indigenous people, reading: "We mark this rich history, we must also acknowledge the pain and suffering reflected in the stories of Native Americans who had long resided on this land prior to the arrival of European newcomers." You'll find not one mention of Native Americans in this year's White House proclamation.

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THE WORST

TOM FOREMAN
Analysis
CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."

I am standing on a hillside behind a cafeteria in Killeen, Texas. It is past midnight yet the lights inside are blazing. Earlier, a man drove his pickup through one of the windows, stepped out and shot 23 people to death. Long white curtains cover the crime scene, but the wind is pushing them out through the smashed glass. With each gust, they fill, rise and open to reveal the chaos of tipped tables and chairs, dropped plates and blood. Then they close again. It is October 1991 — 26 years ago this month — and the massacre is widely reported as the worst in modern American history.

Of course, we've had plenty of mass shootings since I became a national news correspondent and I've had some role in covering most of them: Las Vegas, Orlando, Blacksburg, Newtown, San Bernardino, Ft. Hood, Binghamton, D.C., Aurora, Atlanta, Kinston, Roseburg, Charleston, Red Lake, Waddell, Jacksonville, Seal Beach, Manchester, Appomattox, Carthage, Omaha, San Francisco.

Sometimes my work has been done at a distance: making phone calls, doing research and noting oddities — like the gunman who put on ear protection before murdering eight lawyers in their offices. Other times it was up close: talking to grief-stricken relatives, attending funerals or walking the edges of the place where it happened.

Once, it was horribly personal. My wife, our two small daughters and I lived a few miles from Columbine High School. I covered those shootings from dawn each day until deep in the night for a month. At home in the wee hours, my wife and I would talk about the victims, the survivors we knew, and we would cry. Then I'd go back to work.

That was also the worst shooting in its day. Then there was Virginia Tech. A new worst. Then Sandy Hook Elementary. Another worst. Then the Pulse nightclub. Again, the worst. The truth is, I've been involved in covering so many of these "worst" shootings, I've grown to dislike the word. Because I'm not sure it means anything. Because as much as we gather to pray, light candles and recite the names of the dead as a community, I know from experience that the suffering is always personal — that each victim, whether killed alone or amid dozens, is individually mourned, missed and cried for in endless nights of lonely sorrow.

And that really is the worst.

A memorial for the victims of the mass shooting on Las Vegas. GETTY IMAGES

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The Browning School
The Buckley School
The Caedmon School
The Hewitt School
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My toes aren't straight- they are all cocked-up, bent and hurt.
I have painful calluses on the ball of my foot which keep building up.
I have corns on my toes which get thick no matter what shoe size I wear.
The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
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My ankles are swollen most of the time.
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Celebs react to Harvey Weinstein

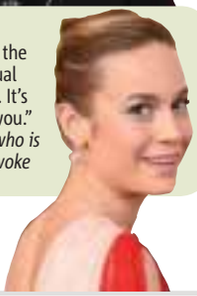
Last week, The New York Times released an expose, detailing sexual harassment allegations against Harvey Weinstein. And Hollywood's best (and Hollywood's — UGH, you're still here?) are not having it.

After The Weinstein Co. announced that they had ousted the 65-year-old — whom then-attorney Lisa Bloom described as "an old dinosaur learning new ways," ew — a bunch of famous people took to social media, et al. to show support for Weinstein's accusers. Here's what they had to say.

"Whenever [Weinstein] would come up in conversation, there was always this 'ick' or 'ugh' [reaction]."
— Ryan Murphy, man who blessed/cursed us with "American Horror Story"

Some of Hollywood's best and most mediocre have spoken.
ALL IMAGES GETTY IMGES

"The disgraceful news about Harvey Weinstein has appalled those of us whose work he championed, and those whose good and worthy causes he supported... The behavior is inexcusable, but the abuse of power familiar.
— Meryl Streep, who should just be president now probably



"As always, I stand with the brave survivors of sexual assault and harassment. It's not your fault. I believe you."
— Brie Larson, baby girl who is historically woker than woke

"I'm sick of the media demanding only women speak up. What about the men? Perhaps many are afraid to look at their own behavior."
— Jessica Chastain, woke bae

"H Weinstein -yikes! Disgusting and creepy. So is 'leader of the free world' btw."
— Michael Keaton, the only Batman I will ever recognize. Bonus points for the Donald Trump burn, dude.

"The "old dinosaur" explanation doesn't cut it. DECADES of using power to intimidate women for sexual gain is reprehensible and inexcusable."
— Emmy Rossum, potentially my new fave

"To be clear what Harvey Weinstein did was a disgusting abuse of power and horrible. I hope we are now seeing the beginning of the end of these abuses."
— Mark Ruffalo, lifelong zaddy

"Easy to think Weinstein company took swift action, but this has actually been the slowest action because they always *always* knew."
— Lena Dunham, y'alls fave, making a good point

Kim Kardashian has body dysmorphia

Kim Kardashian has heard whispers in the Hall of the Dead (aka Twitter. I'm talking about Twitter), shaming her for her body. And finally, she has a reply.

The 36-year-old admitted on Sunday night's episode of "KUTWK" that she suffers from body dysmorphia because y'all won't stop shaming her. I guess constant public scrutiny has its bad side, or whatever.

Discussing those pictures of her vacationing in Mexico — where her butt looks really fake — she explains, "You take pictures, and if they're not perfect, people just body shame you and criticize you. For people to just think that's OK is so frustrating.

"I can't have fun after seeing those pics," she continues. "It's just wild, because there's other pics where I look so good, and it's just from a different angle. It's like, literally giving me body dysmorphia. People think I'm so confident and I'm so secure, and I'm not. I'm so insecure."

Oh, you sweet summer child.

Angelina real-life warlord bait

Picture it: a show that's like "To Catch a Predator," but instead it's called, "To Catch a Ugandan Warlord Named Joseph Kony, Featuring Angelina Jolie."

According to leaked International Criminal Court documents, Jolie volunteered to be a central part of a 2012 plot to lure warlord Kony into arrest.

According to the documents, Luis Moreno Ocampo — the ICC's chief prosecutor from years 2003 to 2012 — wrote to Jolie and her assistant that he had "the idea to invite Kony to dinner and then arrest him." In another email, he wrote "Forget other celebrities, she is the one … She is ready. Probably Brad [Pitt] will also go." Ah yes, the classic honeypot, featuring Benjamin Button himself.

Anyway, the plan never came to fruition and thank Dumbledore. If you're anything like me — which if you are, sorry — actress turned humanitarian turned world savior is a bit much to handle.

Don't worry 'Rick & Morty' fans, McDonald's Szechuan sauce will return

The restaurant chain hopes to make it up to fans this winter.

MATT JUUL
@MetroBOS
letters@metro.us

"Rick and Morty" fans are in luck. ADULT SWIM

McDonald's Szechuan sauce made its long-awaited return this past weekend, but not everyone was happy with how things went down.

Many eager "Rick and Morty" fans and interested foodies who hoped to get their hands on the limited edition dipping sauce were met with extremely long lines at locations around the country, which meant supplies ran out pretty quickly. Let's just say fans weren't exactly happy with how the limited-batch promotion was run, as they took to social media to express their anger and disappointment.

One Twitter user claims she drove four hours from Canada for the sauce, only to find that the McDonald's she went to ran out of both packets as well as the special edition posters, which were also being given away. Another user posted a video of an irate crowd chanting, "We want sauce!"

Following Saturday's fiasco, McDonald's announced that it will bring back its Szechuan sauce once again in order to satisfy fans who didn't get a chance to try it. The restaurant chain tweeted out an apology on Sunday calling the situation "not cool," along with news that the dipping sauce will be back this winter.

"Szechuan sauce is coming back once again this winter," McDonald's revealed in the tweet. "And instead of being a one-day-only and limited to select restaurants, we're bringing more — a lot more — so that any fan who's willing to do whatever it takes for Szechuan sauce will only have to ask for it at a nearby McDonald's."

While McDonald's has yet to release an exact date for the return of it's Szechuan sauce, the recent news should come as music to the ears of "Rick and Morty" fans.

The sauce, which was originally a promotional offering that coincided with the release of "Mulan" in 1998, has flown back on people's radars thanks to jokes about it on the popular Adult Swim animated series.

The Szechuan sauce has also, predictably, become a sought-after item on eBay, as fans are bidding hundreds of dollars to obtain the limited edition packets.

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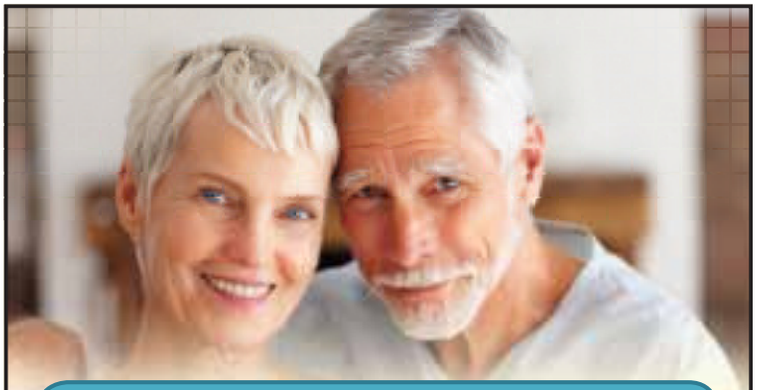

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Stephen Amell really, really hates spoilers

The "Arrow" star talks the secrecy surrounding the sixth season, and the lessons he's learned from the hooded vigilante.

LUCÍA HERNÁNDEZ MWN
letters@metro.us

It's not easy being green: Stephen Amell as Oliver Queen/The Green Arrow.
DEAN BUSCHER/THE CW

On October 12, the sixth season of "Arrow" returns to the CW. But don't expect star Stephen Amell to give away any plot points. "You always hear me say that we've revealed too much about the show," he says. "If it was up to me, personally, nobody would know anything. I have always believed that the best experience that a viewer can have of a show is when they are really surprised by the twists and turns in the story."

We chatted with the 36-year-old Toronto native about the secrecy surrounding the show and what lessons he's learned from playing the titular Arrow.

First things first. Can you tell us a little about the new season? What can we expect?
Oh! About the season that we can't talk about? About all the complaints I've received on my Facebook page because we haven't promoted the new season — because we are literally not allowed to talk about it?

How do you feel about that secrecy that surrounds series?
I like it. I love the way that the CW cares for the series — if it were up to me you wouldn't even be here, because we would never have press visiting the set unless it was something that could be published until after the episode airs. I would prefer to talk about the series after it has been broadcast because I like to keep things private in terms of the plot.

Do you ever feel any kind of nervousness over the reaction that those passionate comic fans have?
When we created this character, we didn't try to make it an exact copy of the Green Arrow comic, but we did seek inspiration from people passionate about the story, who had enough knowledge of it to build a series. And many of the things that contributed to the series at the beginning are just due to the nature and the structure of a television show.

GETTY IMAGES

How has Oliver Queen changed your life?
This series has changed my life. One of the things that you expect as an actor is to enter a show where you can have a good character that influences the way you're perceived and somehow, I am now pleased to be perceived as a figure in the world of comics. To fall into some stereotype — because you've done something that impresses an audience —I have never taken that as something negative. It has totally changed my life.

Also, one of the major dynamics of "Arrow" is family. The family that you're born into, the family that you make on the way. I started the series single and now I'm married. My daughter is almost four! And that's largely thanks to the stability that this show gives me. I felt able to take that step in my life.

What is the greatest lesson the hooded vigilante has given you?
Oliver always gets into trouble when he doesn't listen to people. What's the point of having a people around you if you're not going to listen to them? So now I make sure that whenever I have someone nearby with good advice, I pay attention.

Grant Gustin on making 'The Flash' fun again

The actor behind Barry Allen on how the new season is bringing humor — and heart — back.

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"The Flash" is back and possibly better than ever. At least according to Grant Gustin. The Virginia native who plays the titular superhero — aka Barry Allen — promises this season will go back to a lighter note.

"Last year we moved away from humor and I think that will be the darkest thing that we will do with the show," he says. "We are going to have lots of fun and we'll return to comedy, especially as the season continues."

Barry is also more mature now, Gustin notes. "He'll continue to mature and work with his team and be less hard-headed," he says. "With Speed Force, Barry is controlling everything better. And mentally he's stronger."

Ahead of the CW series' season premiere, airing tonight at 8 p.m. — we chatted with the 27-year-old about the Flash's new suit, avoiding his own stunts and racing with fans.

GETTY

Last season was darker. Could you feel that energy on set?

Sure. It's difficult every day for nine months and whatever you do you tend to take it home. Because the content is so dark, as an actor, you live through your work. I had a lot of days of bad sleep last year.

How will that compare with this season? Can we expect more a mixture of action and humor?

Our writers have said from the beginning that "The Flash" is based very much on the three H's: heart, humor and heroism, in that order. This season definitely has the potential to be our best season, because we really stick to comedy without leaving the heart of things and the relationships. There will be a lot of Barry and Iris this season, there's a lot more to Barry and Joe this sea-

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Grant Gustin promises a lighter season this year, one that prioritizes both heart and humor. DEAN BUSCHER/THE CW

son, so we're going back to basics and having fun with the show.

And it doesn't hurt that the Flash has a new suit.
It's closer to what we've seen in the comics. He still doesn't have the yellow boots, but he has a yellow or goldish accent around the boot, they've also made the red brighter.

One thing that is funny is that, surely many fans will notice if they come to visit the set, the Flash emblem is just Velcro, and it moves all the time and falls then sometimes we have to stop or repeat a take because you can see the Velcro.

Do you do a lot of your own stunts?
Well, I try, you know, but they don't let me do anything dangerous. I've done some semi-fun stuff. During the first two [seasons], which were the most fun, I was allowed to wear the harness. There was a very cool pull that threw me on to the floor where I fell standing. It was a lot of fun to do, I got up about six feet off the floor, it was fun.

Do you find it difficult, then, to be a superhero?
For me, from the beginning of "The Flash" until now, it has always been about the work, preparing myself to do the best I can and have fun. My life has definitely changed — being Flash for three years has kept me very busy. Now I live in Canada and talk to pretty people, most of the time, it's part of the job and it will continue.

So if some fans are in Canada, what's the best way to approach you? Do people usually crack a joke?
Yes, I've heard the same jokes many times. They're always speed jokes. [Laughs] People ask me to run with them and the truth is that, since the series began, I've only ran a competition with three people, two people from the staff and with a friend and I ran with them because I was sure that I would beat them.

You think they let you win just because you're the Flash?
Maybe, but I think I could have still won them anyway. [Laughs]

Grant Gustin as Barry Allen and Candice Patton as Iris West. JACK ROWAND/THE CW

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Fall in *love* with *fall* on a day cruise

Take to the water and experience the best of the season, from fall foliage cruises to Oktoberfest day trips.

LINDA LABAN

Cooler weather has blown in right on schedule and with it the particular delights of fall. Make the most of the season's golden sunshine with leaf peeping, hiking, Oktoberfest, mooncakes and sightseeing day cruises. Alas, New York Water Taxi isn't running its usual trips to Tarrytown for easy access to Sleepy Hollow, but there is plenty of fun still to be had on the water.

Leaf peeping for non-drivers

Getting on the road isn't the only way to see the leaves change. Take a trip up the Hudson River on the Spirit of New York's yacht on a **Fall Foliage Lunch Cruise**. The three-hour sightseeing trip includes a three-course lunch buffet, entertainment like a DJ and games like shuffleboard on the rooftop deck, plus all the gorgeous scenery along the river putting on its fall finery.
Oct. 14 & 28, boarding at 11:30 a.m., $63.90 adults, $37.95 kids, Pier 61, West 22nd and 11th Ave., spiritcruises.com

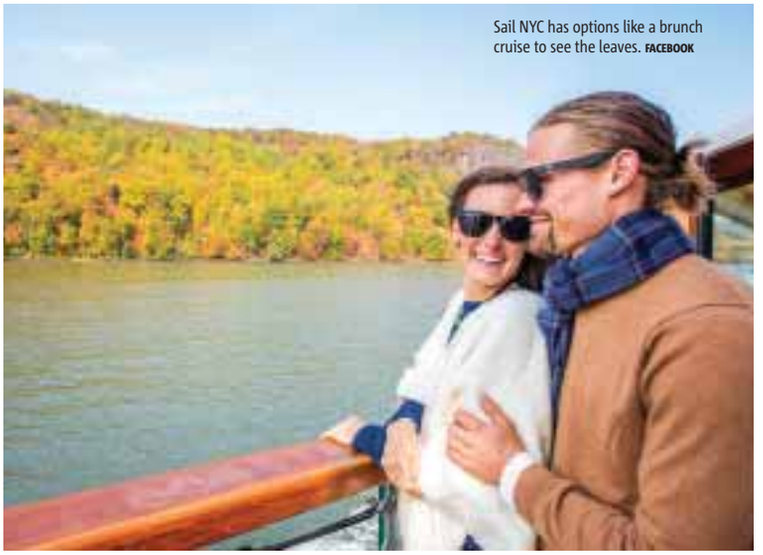
See the foliage up close on Bear Mountain. CIRCLE LINE

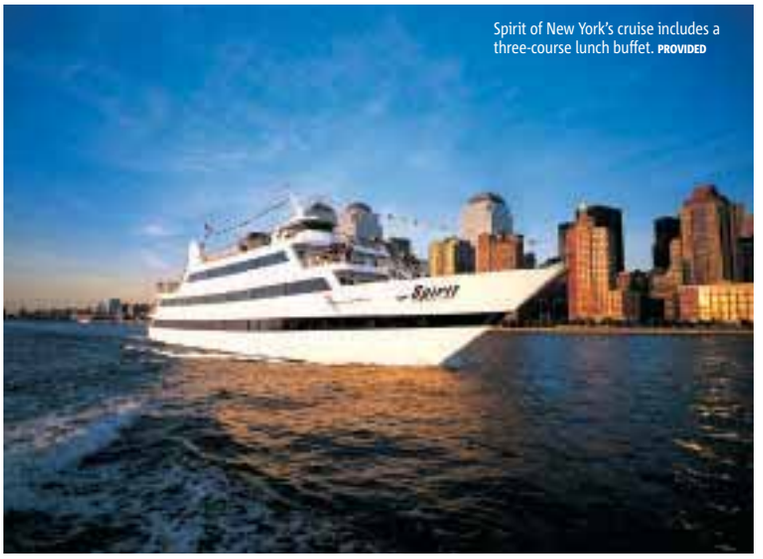
Sail NYC's **Fall Foliage Cruises** offer several options for leaf peepers every weekend through Nov. 5. Ride in cozy, retro style aboard the Manhattan for a brunch cruise *($108)* or have an onboard picnic-style lunch with hot cocoa on the Kingston *($78)*, both with heated and enclosed observation areas. For the more cold-resistant, hop aboard the classic schooner Adirondack for a scenic sail up the Hudson River to the Palisades *($86)*.

For a serious taste of fall's splendor, take a **Food and Foliage Day Cruise** from Poughkeepsie to Chelsea Piers on Sunday, Oct. 22 with Sail NYC. Start with the 20-minute Amtrak or Metro North ride to the Duchess County Fairgrounds in Rhinebeck, where your day begins with the Sheep and Wool Festival. Then at 3 p.m., you'll sail to NYC over a leisurely four hours, including a four-course Hudson Valley dinner paired together with local wines.
(Sunday, Oct. 22, $116).

Make Oktoberfest last all day

Don't insult Germany's largest folk festival by dropping in on a beer hall for happy hour. Celebrate Oktoberfest on Circle Line Sightseeing's **Bear Mountain Cruise**, an eight-hour trip to southern Westchester Country and Bear Mountain State Park. Enjoy two and a half hours each way of Warsteiner beer specials and traditional German foods like bratwurst with sauerkraut and pork schnitzel, with traditional live oompah and polka bands. Once at Bear Mountain, you've got three hours to explore the park's 50 hiking and biking trails and paddle its scenic lake to create the perfect album of autumn selfies.
Weekends through Nov. 12. Boarding at 8:30 a.m., $65 (doesn't include food and drinks), Pier 83, West 42nd St. and 12th Ave., circleline42.com


Sail NYC has options like a brunch cruise to see the leaves. FACEBOOK


Spirit of New York's cruise includes a three-course lunch buffet. PROVIDED

Beer lovers looking for a fall-themed cruise can also take a shorter two-hour trip aboard the three-story yacht Hudson's for its **Oktoberfest Open Bar Cruise** (the title says it all, really). Swing around the Statue of Liberty while exercising your freedom to indulge in an open beer bar featuring Oktoberfest brews and seasonal newcomers like Harpoon Pumpkin Cider and Schlafly Pumpkin Ale. Other drinks are available à la carte, as is food, either bar snacks or a three-course dinner.
Tues-Sun through Oct. 29, boarding: 6 p.m., $40, Pier 81, W. 41st and 12th Ave., hudsonsnyc.com

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The cocktails at Célon emphasize fresh juices and spices. SAMANTHA NANDEZ

Moroccan getaway

The city's newest basement lounge transports you to Marrakesh.

EVA KIS
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Just in time for the cold weather comes a basement bar that's all cozy sophistication.

What was once the Cellar Bar is now the Bryant Park Hotel's new basement escape to Morocco called Célon.

Forget disco balls — delicate Marrakesh-style lamps do double duty as wall decoration, painting everything with light from the staircase leading down into the plush lounge packed with velvet chairs and cushions.

The soaring white walls create the illusion of relaxing among the sandy dunes of "One Thousand and One Arabian Nights," with many of the furnishings either vintage or fair trade.

Like Moroccan delicacies, the cocktails ($17 except for a $100 gold martini — if you must) tend toward the rich and sweet like the Kaz-Bar (rye whiskey, lemon juice, maple syrup, red wine float) and the Mo-Rocka (bourbon and per brandy, apple spice syrup).

The short menu of bar bites ($5-$16) is entirely vegetarian with a choice of breads and spreads.

Find your way to Marrakesh at 40 W. 40th St. Closed on Sundays.

Endurance meets strategy in this 24-hour race

Gather your best travelers for a full day of mayhem across the city. PROVIDED

How well do you know New York City — and how much can you do in it in 24 hours?

That's the challenge of Questival, the 24-hour scavenger hunt taking place from Oct. 13-14 — arguably the most intense way to show how much you love New York.

Organized by outdoor gear maker Cotopaxi, the all-day, all-night race across the five boroughs (and beyond) is about completing as many challenges as you can from a list of hundreds.

This is where each team of up to six players can play to their strengths: The naturally outdoorsy ones can opt for physical challenges, while foodies will know where to find the unusual menu items you'll be trying. Also expect photo ops and even doing good deeds like sending a postcard to a veteran serving overseas.

The list of objectives, which teams receive 24 hours before the race starts, is longer than they can possibly accomplish, so half the game is planning your route for maximum efficiency.

Here are just a few of the New York City-specific challenges teams will be tasked with: perform a musical number from a Broadway show; create and eat a strange bagel combination; and visit the New York Public Library's main branch to take a photo with a book that's related to NYC.

Since it's taking place during pumpkin spice season — what, you're still calling it fall? — the race also has a bit of an Oktoberquest flair with seasonal challenges like costume contests and jumping into a pile of leaves.

Think you can take on the city and win? The "24 hours of outdoor mayhem" that is Questival kicks off on Friday, Oct. 13, at 7 p.m. in Commodore Barry Park. Tickets are $46 and include a Cotopaxi backpack full of gear that'll help you on your way. Find all the details at cotopaxi.com.

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How a rescue dog saved this man's life

Eric O'Grey with his rescue black Lab mix, Jake. ALL PHOTOS PROVIDED

Eric O'Grey details his transformation in a new memoir, "Walking with Peety."

KATE MOONEY
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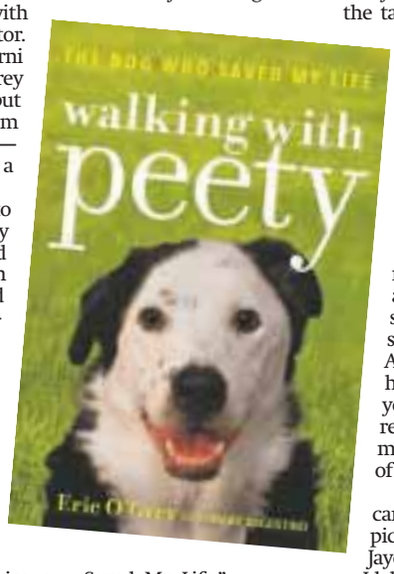
In 2010, 51-year-old Eric O'Grey weighed 320 pounds and took over 15 different medications to manage his type-2 diabetes, high blood pressure, cholesterol and depression. The Silicon Valley-based sales rep did most of his job over the phone, working from home and rarely leaving the house.

"It was a day-to-day existence of me and myself and really, the phone and the internet," remembers O'Grey, now 58. He subsisted on what he calls a "window diet," only eating what was delivered to his home or the car door, sometimes consuming up to 10,000 calories in one sitting. As he gained more and more weight, his clothes no longer fit and eventually he stopped going outside altogether. He lost contact with his friends and hadn't gone on a date in 15 years.

O'Grey's breaking point came when a doctor told him to purchase a cemetery plot because he'd likely need one in the next five years. He scheduled bariatric surgery, but as a last-ditch effort, made an appointment with a naturopathic doctor. Dr. Preeti Kulkarni didn't write O'Grey any new scripts, but she did prescribe him a plant-based diet — and told him to get a rescue dog.

O'Grey went to the Humane Society Silicon Valley and adopted Peety, an obese, middle-aged Australian Shepherd/Border Collie mix, whom he picked out "so we would have something in common." With a new companion to love and take care of, now O'Grey had to leave the house. The two went on half-hour walks twice a day, soon building up to 2 to 3 miles, and within four months, O'Grey got off his meds and reversed his diabetes. In 10 months, he had lost about 150 pounds, dropping from 320 to 185. Peety even lost 25. In no time, O'Grey joined a running club and today averages five marathons a year.

O'Grey has documented his transformation in a memoir, "Walking with Peety: The Dog Who Saved My Life," out Oct. 10 on Grand Central Life & Style.



But before the book deal, O'Grey first told his story in 2016 in a video for MutualRescue.org, an initiative by the Silicon Valley Humane Society to share transformations between shelter dogs and their owners. "Eric & Peety" is the ultimate "who rescued whom" story, but make sure you have the Kleenex handy: Peety doesn't live to tell the tale. He passed away from cancer in 2015.

Luckily, there's another upswing. When the video went viral, O'Grey received an outpouring of emails and Facebook friend requests. But one person who reached out made a lasting impression: his high school sweetheart, Jaye. Although the two hadn't spoken in 40 years, they instantly reconnected. They married in December of 2016.

And there's a new canine love in the picture, too. Eric and Jaye now live in Boise, Idaho, along with Jake, a rescue black Lab and O'Grey's ultimate running partner. The two average 30 to 50 miles a week and run half-marathons together.

To learn more about adopting a shelter dog, visit humanesociety.org.

O'Grey and Peety

O'Grey, before adopting Peety

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Giants scrambling for wide receivers after Week 5 disaster

After four of their receivers went down, Big Blue has to replenish their pass-catching unit.

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Just when you think the New York Giants couldn't sink any lower, the football gods throw head coach Ben McAdoo a shovel and order him to keep digging.

Not only did the Giants throw away another close game, a 27-22 Week 5 loss to the Los Angeles Chargers, but they also saw 80 percent of their wide-receiving corps go down with injuries.

Brandon Marshall and Sterling Shepard were forced to leave the game during the same drive in the second quarter with ankle issues while fifth receiver and special teams extraordinaire Dwayne Harris fractured his foot and is out for the season.

But the worst news came when No. 1 man Odell Beckham Jr. fractured his ankle, an injury that also ended his year.

It looked ominous the moment it happened as Beckham laid on the field in tears. The Giants are optimistic about the possibility Shepard's return, according to Art Stapleton of the Bergen Record. The same goes for Marshall, per Dr. David Chao, who writes a medical column for the San Diego Union-Tribune.

Their absences forced Manning to rely on Roger Lewis Jr. as the Impromptu No. 1 receiver and the last man standing on the depth chart. He was forced to line tight ends Rhett Ellison and Jerell Adams out wide at times, as well.

With official timetables unknown for both Shepard and Marshall, the Giants entered Monday left with just Lews at the wide receiver position. They didn't waste much time getting bodies to fill out the roster.

The Giants promoted rookie wide receiver Travis Rudolph from the practice squad. He was a three-year starter at Florida State, amassing 2,311 receiving yards and 18 touchdowns during that span.

Darius Powe was also brought back on but will be placed on the practice squad. Powe spent last season on the Giants' practice squad and was contending for a roster spot this summer before a hamstring injury led to his dismissal.

New York also re-signed Tavarres King, who was with the Giants for the past three seasons but only made it onto the field in the 2016 season. He played in seven regular-season games before catching a touchdown pass in the Giants' wild-card game loss to the Green Bay Packers.

Top receiver Odell Beckham Jr. suffered a season-ending ankle injury on Sunday against the Chargers. GETTY IMAGES

Isles come back, fall in shootout

The Islanders salvaged a point on Columbus Day, but couldn't pull out a win against the Blues.

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The New York Islanders came back from a 2-0 third-period deficit but fell to the St. Louis Blues 3-2 in a shootout on Monday afternoon from the Barclays Center.

FINAL 10/9 (SHOOTOUT)	
	3
	2

Vladimir Tarasenko scored a pair of goals in regulation and added a tally in the shootout to help secure both points for St. Louis.

Both Jordan Eberle and Anthony Beauvillier were denied by Blues goalie Jake Allen in the shootout.

Anders Lee scored the game-tying goal with less than one minute remaining to complete the comeback and force the extra period to rescue at least a point for the Islanders.

After getting lit up for five goals by the Columbus Blue Jackets on opening night, Thomas Greiss returned to form, stopping 32 of 35 shots on the night.

St. Louis' Allen was up to the challenge though as he made 40 saves in the winning effort.

The two goalies managed to put up zeroes for the first 30 minutes of the night before the Blues struck first thanks to playmaking abilities of the star forward Tarasenko.

Draped by Eberle while moving toward the Islanders' net, St. Louis' No. 91 spun off his defender while simultaneously lifting a backhander past Greiss with 10:22 left in the second period.

Anders Lee sent things into overtime with a last-minute tally. GETTY IMAGES

The initial threat came off a turnover from defenseman Calvin de Haan, who has made it a habit of sending out loose passes in the defensive zone this season.

New York had plenty of chances, including a 5-on-3 power play, but they were unable to beat Allen. It was a frustrating spell for the hosts, who started the season 0-for-10 on the man advantage. They went 0-for-6 on Monday.

Tarasenko picked up his second of the period with 4:26 remaining when he snapped a wicked wrister over the left shoulder of Greiss on the power play.

In an attempt to shake things up, head coach Doug Weight shuffled his lines, moving Eberle to the second line and moving Josh Bailey to the first.

While the two players involved were not involved in the Islanders' opener, the offense finally broke through with seven minutes to play when Andrew Ladd snapped a wrist shot through traffic past an obstructed Allen to bring New York back into it.

It was an unexpected big goal from a player who has gained the reputation of being a slow starter.

After killing off a late too-many-men on the ice penalty, the Islanders came up with their equalizer when Thomas Hickey's slap shot from the point came off the pads of Allen and was pounded home by Lee with 59.2 seconds remaining to ensure at least a point.

FOR YANKEES ALDS COVERAGE

VISIT METRO.US/NEW-YORK

Zibanejad off to hot start under new deal

The Blueshirts' new first-line center is rising to the occasion early on this season.

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After receiving a five-year, $26.75 million contract over the summer, Rangers center Mika Zibanejad has four goals in his first three games this season. GETTY IMAGES

Regardless of what anyone says, it's difficult to be thrust into the spotlight in New York City. Especially when you become the first-line center on the New York Rangers.

That's exactly what happened to Mika Zibanejad, who on top of that signed a new five-year, $26.75 million contract during the offseason.

While it's not a deal that breaks the bank, the book was still out on the 24-year-old. After being acquired by the Rangers following a career-high 21-goal season with the Ottawa Senators in 2015-16, Zibanejad suffered a broken fibula in November, limiting his season to just 56 games.

He still managed to record 14 goals and 23 assists, but the injury made him a fringe player on New York's postseason roster. Though he forced his way into a full role after providing a spark on the power play with a wicked wrist shot that is one of the most potent in the NHL.

Through the first three games of the 2017-18 season, Zibanejad has shown that he's not only worthy of his new deal but that he can flourish on the Rangers' first line.

The Swedish native has four goals already, which was tied for second in the NHL entering Monday night. Three of those tallies came on the power play, which was a league best.

"It's a relief," Zibanejad said. "You're always looking to break that zero and I was able to do that."

He's not trying to do anything fancy, either.

"I try to shoot and the puck seems to go in right now," he said. "I just am trying to place myself in a good spot out there and the guys are finding me and the puck seems to be going in. That's just the mentality. You just have to keep shooting when you are hot, I guess."

His early performances are paying dividends for head coach Alain Vigneault, who saw that Zibanejad was capable of doing big things in New York. That being said, the head coach is placing high expectations on his No. 1 center.

"There's no doubt that Mika knew we put a lot of faith in his play. We signed him to a long-term deal and we expected him to be an impact player on the team," Vigneault said. "I think the way he has started is the way that he has to continue. He has to continue to be a force on the ice — a difference-maker — and that's what we expect from him."

Zibanejad and the Rangers host the St. Louis Blues on Tuesday night at 7 p.m.

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What's next for the Mets?

MARC MALUSIS
OPINION
Marc Malusis is a columnist for Metro New York and a host on WFAN and CBS Sports Radio.
@marcmalusis

Amed Rosario (left) and Dominic Smith (right) will be surrounded by many new faces next year. GETTY IMAGES

The New York Mets needed a change in the dugout. They needed a different voice that provided a different perspective. So it did not come as any surprise whatsoever the decision by Terry Collins to step down as Mets manager. The stories that leaked out before Collins ultimately made his decision led one to believe that there was really no choice for him in the matter. Mets management had made their decision already and they were going in another direction.

Pitching coach Dan Warthen and head trainer Ray Ramirez also joined the list of those that will no longer be holding the position that they once did.

Collins did land on his feet as general manager Sandy Alderson announced last Sunday in Philadelphia that Collins was offered a job within the organization and he accepted. I am not sure that was in the original plan or was a result of all the negative attention brought to the franchise following the Marc Carig column in Newsday.

In the end, the Mets got to where they got and made the right call by taking care of a man that was a successful manager for seven years. One that helped them to the playoffs on back-to-back occasions, which included a trip to the 2015 World Series.

Collins deserved better on the way out. He might not have reinvented baseball with his managerial style, but he helped the organization through a painful rebuilding process and endured a lot of headaches and a lot of drama. For that, all Mets fans should thank him and should also thank him for taking the high road at the end and walking out of that dugout for the last time with his head held high.

Who will manage the Mets next? I can't say for sure. I think hitting coach Kevin Long deserves and will get a long look from Alderson and company.

Does it have to be a former Met like either Robin Ventura or Joe McEwing? I really do think that needs to be the case. It ultimately has to be the guy that can communicate with young players like Dominic Smith and Amed Rosario, who also has the ability to get the very best out of a veteran like Yoenis Cespedes.

But regardless of who is managing the team and who comprises the rest of the coaching staff, the next manager is just a piece of the puzzle to try and get the Mets back to where they want to be and that is playoff baseball.

For Alderson, who remains in his position, he faces his toughest challenge to date. In one offseason, he needs to find impact position players and rework at struggling bullpen. He needs to do it as the Yankees cast a shadow over his franchise coming off of not only a winning season but young impactful players that have captured the imagination of Major League Baseball as a whole.

Sometimes we get caught up in who is managing the team and there is no doubt they play a role, just ask Joe Girardi how his Friday night went in Cleveland.

For the Mets, it is a footnote to the greater issue at hand and that is talent. A championship window that seemed wide open just a few years ago, no longer seems the case. A 2017 season that went sideways real quick, never got back on track.

Now they look to put themselves back into contention in 2018. The managerial pick will be interesting, the player acquisitions will be fascinating.

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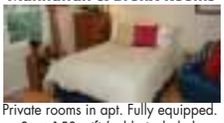
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SUPREME COURT: QUEENS COUNTY HSBC BANK USA, NATIONAL ASSOCIATION AS TRUSTEE FOR WELLS FARGO ASSET SECURITIES CORPORATION, MORTGAGE ASSET-BACKED PASS-THROUGH CERTIFICATES, SERIES 2007-PA3; Plaintiff(s) vs. ALEX CORONEL; SUSAN CORONEL; et al; Defendant(s) Attorney (s) for Plaintiff (s): ROSICKI, ROSICKI & ASSOCIATES, P.C. 2 Summit Court, Suite 301 Fishkill, New York, 12524 845.897.1600 Pursuant to judgment of foreclosure and sale granted herein on or about February 2, 2017, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM # 25. On November 3, 2017 at 10:00 am. Premises known as 58-23 60TH PLACE, MASPETH, NY 11378 Block: 2727 Lot: 2 ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens, City and State of New York. As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of judgment $627,522.15 plus interest and costs. INDEX NO. 11927/13 Kerry John Katsorhis, Esq., Referee

NOTICE OF FORMATION

of Baristola Management LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 07/28/2017. Office location: Queens County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 124-16 15th Ave., College Point, NY 11356. Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN

that a license, Number Pending, for Beer, Wine & Cider has been applied for by the undersigned to sell Beer, Wine & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 45 Ave. S, Brooklyn, NY 11223, Kings County, for on premises consumption. Ave. S Pizza Restaurant, Inc. d/b/a Ave. S Pizza Restaurant Inc.

NOTICE IS HEREBY GIVEN

that a license, Number 1304146, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 268 Prospect Park West, Brooklyn, NY 11215, for on premises consumption. Coco Thai Inc.

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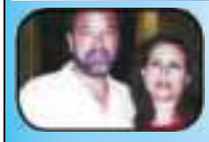

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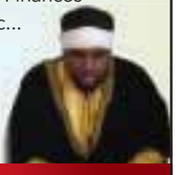

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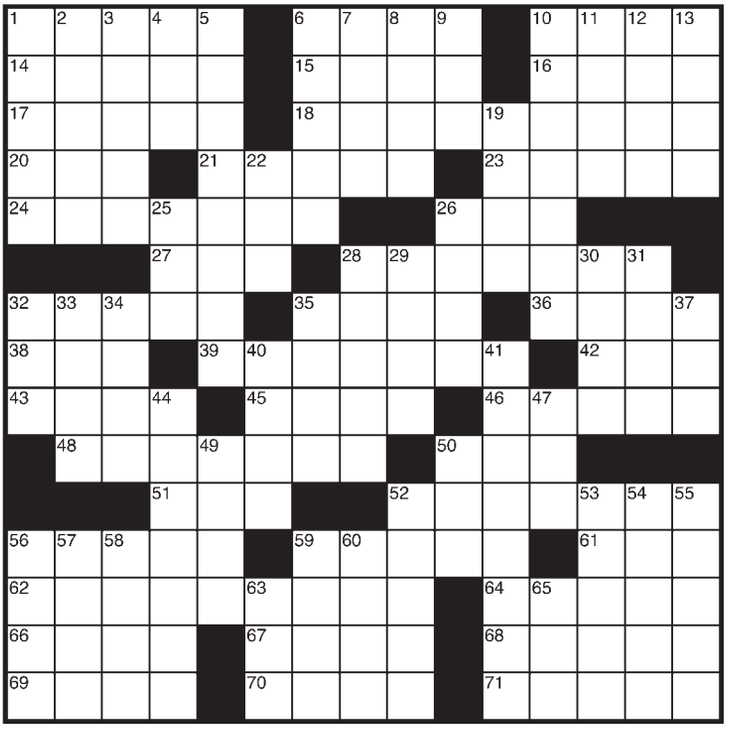
Across

1 Excel
6 Musical group
10 Run in neutral
14 Lost a lap
15 British school
16 Wiener schnitzel base
17 Summoned to court
18 Nuclear development site (2 wds.)
20 Golf coup
21 Mild, as weather
23 Plant with aromatic seeds
24 Run amok
26 "That's obvious!"
27 Percent ending
28 Grassy areas
32 Jury
35 Hard of hearing
36 Q.E.D. part
38 Sun Devils' sch.
39 Law
42 Printer's measures
43 Mock fanfare (hyph.)
45 Host -- Trebek
46 Fencer's move
48 Cuddled
50 Da or ja
51 Fair grade
52 Squabs
56 Certain woodwinds
59 Davis of "The Fly"
61 Where Ipanema is
62 Peaks
64 Peace Prize founder
66 Prof.
67 Gash
68 Spanish girl
69 Makes lace
70 Shoulder enhancers
71 Banana oil, e.g.

Down

1 Muppet grouch
2 City near Syracuse
3 Carved pole
4 Female deer
5 Flakes
6 Charming one
7 Physics particle
8 Meddlesome
9 Chromosome material
10 Sir Walter Scott novel
11 Moore of films
12 Country in Asia
13 Besides
19 Speak highly of
22 Stone or ice
25 Type of chart
26 Crazy
28 Rationed out
29 French waters
30 Songbird
31 Tweeted
32 Butter serving
33 Hot -- -- oven
34 In the buff
35 Broad vallley
37 Mao -- -tung
40 Legend
41 Refinement
44 Climbs
47 Victimize
49 Trial balloon
50 Yang complement
52 Nuisances
53 Planet's course
54 Reunion attendee
55 Type of eclipse
56 Jump over
57 -- fide
58 Kick out
59 Large lizard
60 Wife of Geraint
63 Deadly snake
65 Words of surprise



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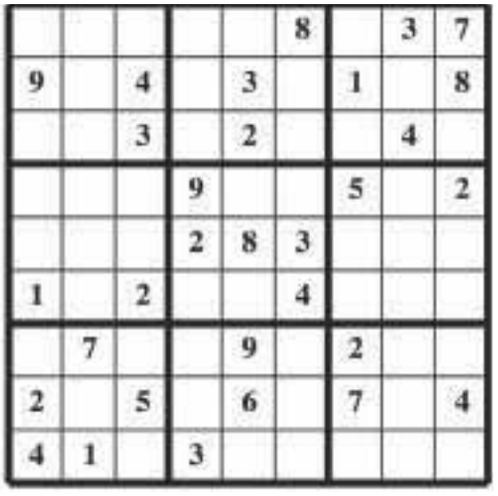
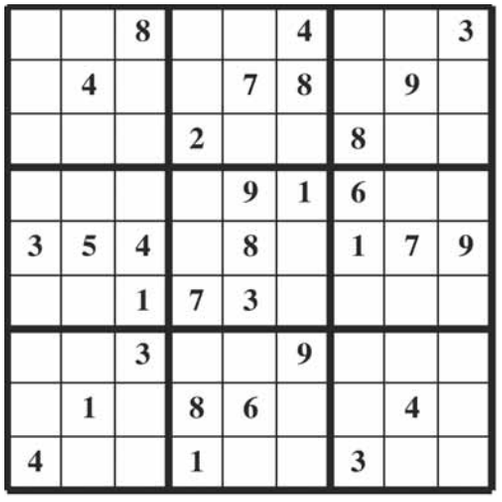
easy



hard



metro.us/horoscopes

Aries It's time to make a change. Do your research, plan your strategy and take action. Making a move or updating your technological knowledge is featured.

Taurus An emotional incident from the past will resurface. Don't let the changes that others make get to you. Carry on and take care of business as usual. Time is on your side.

Gemini Lay down the foundation for the changes you want to bring about. Staying in control will help you maintain a sense of accomplishment and satisfaction.

Cancer Look at the big picture and consider what you can do to counter any personal affront you are feeling. Emotional matters can escalate quickly.

Leo Host an event for a cause you believe in or volunteer your time, services or skills so that you can make a difference. Your generosity will encourage others to take part.

Virgo A partnership will be on shaky ground if one or both parties is not up-front about expectations, goals and feelings. Don't make demands.

Libra Set up interviews and business meetings or attend a seminar or conference. The input you receive will help you make an important decision regarding your future.

Scorpio Take care of personal matters secretively. Use your insight and discipline to make wise money moves. Avoid joint financial ventures that seem dodgy.

Sagittarius Put greater emphasis and more energy into getting ahead and keeping the peace by using your intelligence and incorporating good ideas into your everyday routine.

Capricorn Upgrade your qualifications to suit the changing job market. Learning something new is never a waste of time. Having a backup plan is in your best interest.

Aquarius Your ingenuity, experimental attitude and ability to make things happen will lead you to victory. A financial gain is apparent.

Pisces Problems will lead to arguments. Don't jeopardize your personal life by getting caught in a fib. Emotional deception will lead to resentment. EUGENIA LAST

Yesterday's answers

A	C	T	S	■	H	A	I	K	U	■	U	T	A	H
L	O	O	P	■	E	L	G	I	N	■	G	A	L	A
P	O	O	H	■	C	L	O	D	S	■	L	I	O	N
S	P	L	I	N	T	E	R	■	E	X	I	L	E	■
■	■	■	N	O	O	N	■	K	E	E	N	■	■	■
E	L	I	X	I	R	■	W	I	N	N	E	R	S	■
A	I	D	■	R	E	B	E	L	■	A	S	H	E	N
S	L	A	T	■	D	E	I	T	Y	■	S	I	N	E
T	A	H	O	E	■	A	R	S	O	N	■	N	O	W
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■	N	E	H	R	U	■	G	A	M	E	S	H	O	W
F	O	R	A	■	S	A	U	D	I	■	T	I	M	E
A	V	O	W	■	E	G	R	E	T	■	A	N	N	A
T	A	S	K	■	D	O	U	S	E	■	S	T	I	R

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